

“My Family Health Portrait”



Learning Your Family Health History is as easy as 1, 2, 3...

Your family health history is a risk factor for diseases such as cancer, diabetes, and heart disease. If a disease runs in your family, you may have the most to gain from lifestyle changes and screening tests. Start collecting your family's health history by taking the following steps:

- 1 Collect health information on close family members by talking at family gatherings.
- 2 Write down your family health history and discuss it with your health professional.
- 3 Update your family history regularly and share it with family members.



The U.S. Surgeon General's Family History Initiative encourages all American families to learn more about their family health history. A new computerized tool, "My Family Health Portrait", makes it fun and easy for you to create a portrait of your family's health. It can be accessed for free and personal information is stored on your own computer. For more information, visit

<http://www.hhs.gov/familyhistory>

